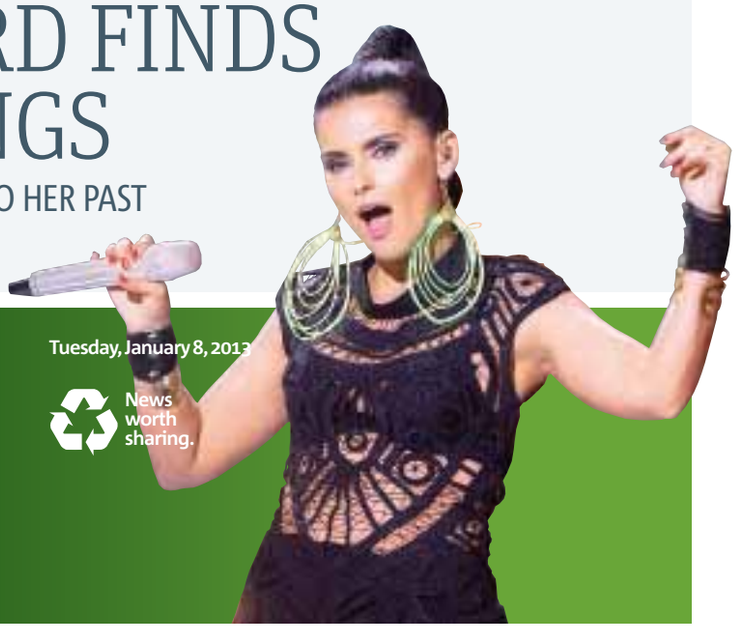
Journalists not allowed at trial

India's gang-rape trial will be closed to media, a magistrate has ruled, upholding the prosecutor's request PAGE 3

SONGBIRD FINDS HER WINGS

NELLY FURTADO LOOKS TO HER PAST FOR INSPIRATION PAGE 9



SASKATOON metro®

Tuesday, January 8, 2013

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Readying for the NHL's return

Game on. Sports-bar operators hope for big boom in business now that tentative agreement has been reached to end the 113-day lockout

MORGAN MODJESKI
morgan.modjeski@metronews.ca

The end of the NHL lockout has some Saskatoon bar operators rejoicing.

Amy Schindelka, manager of Sports On Tap, said he's expecting a 20 to 30 per cent increase in patrons coming out to watch the shortened NHL season, adding the lockout has had an impact on business.

"It's good news," said Schindelka. "The lockout has affected any sports business across North America, so hearing that it's going to come back is a godsend."

She continued, "Without a lot of other sports being played throughout the winter … come early February, there's nothing besides football. So, without the NHL, there's not much reason for people to come watch sports, because there's nothing to watch."

Schindelka said they're expecting a surge of fans but said bitterness towards the league could still be a factor.

"We'll definitely get increased business for sure. How much, it's hard to say."

Others like Tony Antoniadis, owner of CheeseToast Family Restaurant and TailGatorz Sports Bar, said the shortened season is positive from a business perspective, but when asked if fans will be piling in to watch the NHL he replied, "I don't think so at first. I think they will be later on in the playoffs, but not right off the start."

"As fans, I think they're just — and I don't know how to say it — pissed," continued Antoniadis. "Running a business, I'm glad it's back and hopefully we can get back at it here quickly and hopefully they don't stay away too long."

MORE NHL COVERAGE, PAGE 14

Amy Schindelka, manager of Sports On Tap, pours a drink while sporting a Winnipeg Jets jersey on Monday afternoon. Schindelka said Sports On Tap is expecting an increase of customers now that the NHL lockout has ended.
MORGANMODJESKI/METRO

The butt stops here

Follow Metro's five tips for losing weight and watch the pounds melt away. Hint: It's all about forming new habits PAGE 11

Calling it quits over pipeline?

The U.S. EPA head resigned ahead of an expected decision by Obama to rubber-stamp the Keystone XL project PAGE 5

Wanted: Person of interest

The search is on for a new central bank governor, as Mark Carney gets ready to leave for England PAGE 7

Doing I do in 2013

Expensive white weddings are passé — add some colour to your dress and cheap out on the whole thing to get in touch with the matrimonial zeitgeist PAGE 8

Trans-Canada Highway

Woman dies in Wapella rollover

A woman from Camrose in central Alberta has died in a single-vehicle rollover on a highway in eastern Saskatchewan.

RCMP say the 63-year-old woman was a passenger in a car that hit the median on the Trans-Canada Highway near Wapella, Sask. The 66-year-old male driver, also from Camrose, was taken to hospital in nearby Moosomin, but police say his injuries aren't life-threatening.

Road conditions were icy, and visibility was hampered by blowing snow. THE CANADIAN PRESS

City council

Assessment for proposed commuter bridge approved

They don't call it the city of bridges for nothing, and after city council approved spending more than $100,000 towards initial land assessments last night, Saskatoon is one step closer to building another bridge.

Council accepted the proposal from Clifton Associates Ltd. to begin preliminary geotechnical and environmental investigations to assess the feasibility of a commuter bridge in the Marquis Industrial and University Heights areas.

This year's budget for the bridge is $7.6 million and will mostly pay for assessments and land acquisitions.

The north commuter bridge is estimated to cost a total of $86 million, and the goal is to have it open by 2016. METRO

Canada-wide information hubs to benefit farmers

Agribusiness. Sixteen centres will be phased in across the country and will also aid fishers and foresters

Federal Agriculture Minister Gerry Ritz announces an initiative to phase in 16 information hubs across the country while in Saskatoon on Monday afternoon. MORGAN MODJESKI/METRO

Federal Agriculture Minister Gerry Ritz says the government will phase in 16 information hubs across the country for farmers, fishers and foresters needing advice on growing and selling their products.

He says the centres are to provide expertise on such things as newly developed crop strains, strategies to increase yields, marketing and best practices related to food safety.

"For instance, a canola company looking for more information on the export regulations around food-grade canola will now have a one-stop shop to get all of the information they require," Ritz said at his announcement Monday at the Canadian Food Inspection Agency's Saskatoon laboratories.

The hubs are to be spread across Canada and are to specialize in an activity concentrated in a given region.

"The centres will be phased in over the next few years and, as best as possible, will be located nearest to the relevant industry, such as shellfish in Moncton, N.B., and forestry in Burnaby, B.C."

Having all experts in one location should reduce staff duplication and ensure that advice offered by federal authorities is consistent, Ritz said.

A federal commission intended to reduce red tape helped conceive the idea as a way to reduce regulatory burden on businesses while saving money, Ritz said.

"This initiative will not cost Canadian taxpayers any additional money. In some cases, as you remove duplication, there may actually be some efficiencies."

Ritz said producers located far from a relevant centre will be able to access advice through a toll-free number or digital means. THE CANADIAN PRESS

Industry

Focus for hubs chosen

Centres focusing on meat slaughtering and foreign animal diseases are to be located in Calgary, while issues related to poultry are to be dealt with in Saint-Hyacinthe, Que.

A centre dealing with grains and fertilizer is to be located in Saskatoon. All questions related to potatoes are to be forwarded to Charlottetown.

Regulatory issues around food labelling and the import and export of live animals are to be handled in Toronto and Ottawa, according to a release.

The sites were chosen based on their proximity to relevant academic institutions, industry associations and government. THE CANADIAN PRESS

'Unconscionable.' Ministry of Justice called out on 68-month delay for info

The Saskatchewan Ministry of Justice is being scolded for what the province's privacy commissioner calls "an unconscionable delay" in responding to a man's request for access to records.

Commissioner Gary Dickson suggests that if the Justice Department can't do better, it may be time for another ministry to take over.

Dickson began an investigation after a man requested information in March 2007 and was denied access.

"I am struck by the profound lack of respect shown for the applicant and his right to access records that are fundamentally about him," Dickson wrote in the postscript of a report released Wednesday.

"One must, however, consider why it has taken five years and nine months to get to this point.

"The review report details the actions by both my office and Justice but it does not contain a root-cause analysis, which might help Saskatchewan residents understand what can only be described as an unconscionable delay."

The man was asking for records in an old court case in which he was acquitted of criminal harassment. The report shows Dickson's office repeatedly asked the ministry for information on the documents and reasons why the ministry wouldn't release them.

The report says the ministry presented an inadequate initial submission in 2007 and was given time to supplement it. That wasn't received until December 2011. THE CANADIAN PRESS

Not the first time

Last June, Dickson issued a report saying his pleas to Executive Council, the ministry that supports Premier Brad Wall and his cabinet, to release ministerial briefing books had gone unheeded for years.

Trial. Court hears foster child who drowned had turned on hot-water taps

The trial of a woman charged in the drowning death of a foster child has begun in Saskatoon with testimony that the boy turned on the hot water taps himself.

Eunice Wudrich is charged with criminal negligence causing the death of 22-month-old Evander Lee Daniels in June 2010.

Social worker Danene Scott told the judge hearing the case that Wudrich told her she had given the boy a bath and he turned on the water after she left.

She said Wudrich's home was approved for three foster children, but she was caring for five kids — all under four — plus her biological child at the time the boy died.

In-home support had been requested for Wudrich but hadn't come through. THE CANADIAN PRESS/CKOM

Troubling stat

The defence told court that 34 children died in Saskatchewan foster care in 2010 and that overcrowding in foster homes was a major issue that year.

Media barred from rape-and-murder trial

India. Case expected to be sent to special 'fast-track' court to avoid typical delays

People protest in New Delhi on Monday over the recent gang rape of a young woman on a bus. A magistrate has ruled that media will be barred from pre-trial hearings and the trial of the five men accused in the case. TSERING TOPGYAL/THE ASSOCIATED PRESS

An Indian magistrate ruled Monday that the media will not be allowed to attend pre-trial hearings or the trial of the five men accused of raping and killing a young student in the Indian capital, a police official said.

Magistrate Namrita Aggarwal upheld the prosecutor's request, according to police spokesman Rajan Bhagat. Hundreds of journalists, lawyers from other cases and curious onlookers had crowded the courtroom where the five were to appear. Outside, more than a dozen TV trucks jammed the streets, and dozens of reporters from around the world were waiting for news.

The defendants later appeared before the magistrate, who scheduled another pre-trial hearing on Thursday that is expected to result in the case being sent to a special "fast-track" court. Since the Dec. 16 attack, New Delhi has set up five such courts to handle sexual-assault cases, which often get bogged down for years. Indian courts are notorious for delays, with millions of cases pending.

The trial is expected to begin in the coming days. Indian rape trials are normally closed to the media.

Authorities have charged the men with murder, rape and other crimes that could bring the death penalty.

A sixth suspect, who is 17 years old, is expected to be tried in a juvenile court, where the maximum sentence would be three years in a reform facility.

Prosecutor Rajiv Mohan said last week that a DNA test confirmed the blood of the victim matched stains found on the clothes of all the accused.

On Sunday, two of the defendants offered to become informants against the others, according to reporters present at the hearing.

The companion of the slain student recounted in a television interview last week how the pair were attacked for two-and-a-half hours on a New Delhi bus before being thrown on the side of the road, where passersby ignored them and police debated jurisdiction issues before helping them.

THE ASSOCIATED PRESS

U.K. Mom who killed son over Qur'an sentenced

A British judge on Monday sentenced a woman he called a "loving mother" to at least 17 years in prison for beating her son to death after he failed to memorize passages from the Qur'an.

A jury at Cardiff Crown Court in Wales convicted 33-year-old Sara Ege last month of murdering seven-year-old Yaseen and burning his body to destroy the evidence. Judge Wyn Williams said Ege beat Yaseen repeatedly with a stick over several months, causing internal injuries.

He said that, on the day he died in 2010, Yaseen had been kept home from school to memorize verses from the Muslim holy book, and that his failure "was the trigger for the beating" that killed him.

The judge agreed with defence arguments about India-born Ege's state of mind, saying she was "a devoted and loving mother" who suffered from depression and had been a victim of domestic violence.

Still, he said, she subjected her son to "prolonged cruelty."

Ege admitted killing her son in a confession taped by police, but later retracted it and blamed her husband, Yousef. He was tried and acquitted on a charge of failing to prevent his son's death.

THE ASSOCIATED PRESS

Indonesian women face ban on straddling bikes

An Acehnese woman straddles a motorbike on a road in Lhokseumawe in Aceh province, Indonesia, on Monday. RAHMAT YAHYA/THE ASSOCIATED PRESS

Authorities in Indonesia's Aceh province are pressing ahead with a proposed Islamic law that would ban female passengers from straddling motorbikes despite reported opposition from the central government.

On Monday, authorities in northern Aceh distributed a notice to government offices and villages informing residents of the proposed law, which would apply to adolescent girls and women. It says that women are not allowed to straddle motorbikes unless it's an "emergency," and are not allowed to hold on to the driver.

Suaidi Yahya, mayor of the Aceh city of Lhokseumawe, said a ban was needed because the "curves of a woman's body" are more visible when straddling a motorbike than when sitting sideways with legs dangling.

"Muslim women are not allowed to show their curves. It's against Islamic teachings," he said, declining to give details of what the punishment would be for violators.

Last week, Home Ministry officials told local media they would try to block the law because it was discriminatory.

Since 2005, many other regions in Indonesia have issued Shariah-inspired bylaws that ban such things as alcohol or tight clothing, alarming rights activists and others who value the country's secular heritage. The government of President Susilo Bambang Yudhoyono, which relies on the support of Muslim political parties, has not spoken out against the laws, nor has he challenged them.

THE ASSOCIATED PRESS

Independent laws

Aceh introduced a version of Shariah law in 2009 after it gained autonomy from the government in a 2005 peace deal to end a long-running separatist war.

- Aceh laws regulate dress and public morality, require shops to close at prayer time and are enforced by a special unit. Punishments can include public caning.

United States

Stem-cell research keeps tax funding

The Supreme Court will not stop the U.S. government's funding of embryonic stem-cell research, despite some researchers' complaints that the work relies on destroyed human embryos.

The high court on Monday refused to hear an appeal from two scientists.

The U.S. Circuit Court of Appeals for the Washington area threw out their lawsuit this year. Opponents claimed the National Institutes of Health was violating a law that prohibits taxpayer financing for work that harms an embryo.

Researchers hope stem cells will help cure spinal-cord injuries and Parkinson's disease. THE ASSOCIATED PRESS

Human rights

China to stop sending prisoners to labour camps

China will stop handing down labour-camp sentences this year under a system that allowed police to lock up government critics and other defendants for up to four years without trial, the country's senior law-enforcement official said Monday.

Details remained unclear, including what would become of existing camps and their current inmates.

China has 310 labour camps holding about 310,000 prisoners and employing 100,000 staff, according to state broadcaster CCTV. THE ASSOCIATED PRESS

14,000 comments

Brad Pitt tells China 'I'm coming' on pseudo-Twitter

Brad Pitt is now on China's version of Twitter, and his mysterious first tweet has drawn thousands of comments.

The actor's verified Sina Weibo account sent the message Monday: "It is the truth. Yup, I'm coming." That was forwarded more than 31,000 times and netted more than 14,000 comments, many expressing surprise. He gathered more than 100,000 followers.

The IMDb movie site says Pitt was banned from ever entering China because of his 1997 role in Seven Years in Tibet.

THE ASSOCIATED PRESS

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Plus more.

EPA head quit over pipeline plan: Report

According to a New York Post report, Lisa Jackson, the former head of the U.S. Environmental Protection Agency, resigned because of the proposed Keystone XL pipeline. KEVIN WOLF/THE ASSOCIATED PRESS FILE

Rumour has it. Jackson has voiced concerns over Keystone pipeline, which President Obama appears set to approve

The head of the U.S. Environmental Protection Agency resigned abruptly last week, reportedly to protest the Obama administration's apparent plans to approve TransCanada's Keystone XL pipeline in the coming months.

The American environmental movement is abuzz following a New York Post report that Lisa Jackson suddenly quit her post because she doesn't want to be at the helm of the agency when the White House rubber-stamps the project.

"She was going to stay on until November or December," a source close to Jackson told the Post. "But this changed it. She will not be the EPA head when Obama supports (Keystone XL) getting built."

The EPA is one of several federal agencies that's been advising the Obama administration on the $7-billion pipeline, a project that would carry millions of barrels of crude a week from Alberta's carbon-intensive oilsands to the U.S. Gulf Coast.

The ultimate decision on Keystone XL's fate rests with the State Department, since it crosses an international border.

Jackson was appointed soon after Obama was elected. Over the past four years, she's pushed through the toughest new air- and water-pollution rules in more than 20 years and has frequently spoken out on climate change.

In July 2010, as TransCanada awaited a decision from the White House on the pipeline, the EPA sent a letter to the State Department calling its draft environmental assessment of the project "inadequate."

It chastised analysts for failing to address the greenhouse-gas emissions associated with Keystone XL, and urged the State Department to further examine safety and spill-response planning, as well as the impact on Canadian native communities.

THE CANADIAN PRESS

Quoted

"This isn't a little tiny pipeline. This is a pipeline that cuts our country literally in half."

Lisa Jackson, then head of the EPA
at a 2011 appearance at Howard University

Aurora. Police testify in hearing of suspected movie-theatre gunman

The families of victims of last year's mass shooting at a Colorado theatre sat through emotional testimony Monday from police officers who tried to save the lives of the wounded.

One sergeant recalled during the hearing for suspected gunman James Holmes that he did not find a pulse for the youngest victim, six-year-old Veronica Moser-Sullivan.

Another said he had to stop one man worried about his seven-year-old daughter from jumping out of the moving patrol car.

A bearded Holmes didn't appear to show any emotion.

The first extensive details were emerging about the young man suspected of killing 12 people and wounding at least 58 in one of the worst mass shootings in the U.S. last year. The hearing will determine whether the case will go to trial.

The massacre thrust the problems of gun violence and mental illness into the forefront before they receded in the ensuing months. Now, just weeks after a shooting spree at a Connecticut elementary school left 20 children and six adults dead, prosecutors are laying out their case with the nation embroiled in a debate over gun violence and mental illness.

Family members and victims line up to get into court for a preliminary hearing for Aurora-theatre shooting suspect James Holmes at the courthouse in Centennial, Colo., on Monday. ED ANDRIESK/THE ASSOCIATED PRESS

Any new details to emerge this week — including Holmes's mental state — will come amid the discussion over an array of proposals, including tougher gun laws, better psychiatric care and the arming of teachers.

Investigators say Holmes was wearing a gas mask and body armour when he tossed two gas canisters and opened fire in the theatre on July 20.

Officers found Holmes standing next to his car. Officer Jason Oviatt said Holmes seemed "very, very relaxed" and didn't seem to have "normal emotional reactions" to things. "He seemed very detached," he said.

Holmes volunteered that his apartment had been booby trapped, officers said.

Until now, many details of the case have been kept quiet and many court documents have been filed under seal.

THE ASSOCIATED PRESS

Twitter

Don Cherry on aid to Haiti: 'Are we nuts?'

Don Cherry took to Twitter on Monday to air his objections over the millions in aid money that Canada sends to Haiti.

"You know, I am one of those guys, like most people in Canada, we like to help the countries all over the world. But sometimes it makes you wonder," read a couple of the tweets.

"Maybe it's just me. But Canada gave Haiti 49.5 million dollars last year. Are we nuts?"

Cherry asked why Ottawa would send so much cash to Haiti when the health-care system in Canada is stretched to its limits. "We've got a guy dying in Toronto waiting 3 hours for an ambulance," the controversial star tweeted to his nearly 118,000 followers.

The tweets came five days before the third anniversary of a massive quake in Haiti that killed an estimated 300,000 people and left more than 1.5 million homeless. THE CANADIAN PRESS

A woman takes children to school on a four-wheel vehicle following their lunch break in Attawapiskat, Ont., in 2011. An audit of millions of dollars in spending at the troubled reserve in northern Ontario reveals an absence of basic accounting by the band council and ongoing indifference by government departments. ADRIAN WYLD/THE CANADIAN PRESS FILE

Chief makes new demands after scathing report

Hunger strike. Audit criticizing spending at Spence's reserve sparks a bid to rescind part of Tories' latest budget

The battle over the plight of Canada's First Nations escalated Monday amid accusations of a cynical public-relations ploy by the Harper government and new demands by a hunger-striking chief.

Chief Theresa Spence, who has been on a liquid diet since Dec. 11, said she now wants elements of the Conservatives' latest omnibus budget bill repealed as soon as MPs return to Ottawa at the end of the month.

Spence had previously been seeking only a meeting between Prime Minister Stephen Harper, the Governor General and First Nations leaders to discuss outstanding treaty matters.

"We are asking that the legislation related to (native) lands encoded in Bill C-45 must be rescinded as soon as Parliament resumes," Spence said in a release.

The new demand came as Ottawa released a scathing audit of tens of millions of dollars in spending on Spence's Attawapiskat reserve, a troubled community on the shores of James Bay in northern Ontario.

The audit details an absence of basic accounting by the band council and ongoing indifference by federal government departments.

Spence's release called the leaked audit "no more than a distraction of the true issue ... to discredit Chief Spence, who is willing to lay down her life for a larger cause." THE CANADIAN PRESS

Political ploy?

The Deloitte audit catalogues more than $109 million in spending over almost seven years, much of it poorly documented, undocumented or questionable.

Aboriginal protest

Judge criticizes police inaction

An Ontario judge who has issued two injunctions to end blockades of critical rail arteries is slamming police for not ending the aboriginal protests, saying their inaction leads to "dangerous waters."

Protesters blocked the railway Saturday afternoon near Kingston, Ont., affecting freight- and passenger-train service between Toronto and Montreal, and CN Rail went to court Saturday night for an injunction. THE CANADIAN PRESS

Immigrant health care

Benefits were on chopping block, documents show

Newly released documents show Citizenship and Immigration staff had to scramble to make the case for preserving some refugee health-care benefits that were on the chopping block last year. And they were forced into a last-minute pitch to Immigration Minister Jason Kenney despite having raised concerns eight months earlier that the proposed policy wasn't clear. THE CANADIAN PRESS

Controversial pick

Obama nominates defence secretary

Despite Republican misgivings, U.S. President Barack Obama announced Monday he will nominate former GOP Sen. Chuck Hagel as his next defence secretary, calling him "the leader our troops deserve." He also chose White House counter-terrorism adviser John Brennan to lead the Central Intelligence Agency.

Controversy surrounds both choices, but the president called on the Senate to quickly confirm both. THE ASSOCIATED PRESS

Cold-case suspect arrested in Alberta

Toronto police said Monday a tip helped them make an arrest in connection with a pair of sexual assaults dating back two decades.

Police said evidence has linked the suspect to the alleged crimes that took place eight months apart, one in 1993 and the other in 1994.

In one incident, police said a 19-year-old woman was pulled under a parked tractor-trailer, where she was sexually assaulted and then robbed by a man armed with a knife.

In the other, police said a man climbed up to a second-storey apartment and sexually assaulted a 46-year-old woman at knifepoint before stealing her purse.

The arrest came more than a year after police offered a $50,000 reward for information that led to the identification or capture of the suspect.

Toronto police Det. Ali Ansari said 43-year-old Steven John McGuire was arrested last week in Fort McMurray, Alta., where he had been working.

He is charged with sexual assault with a weapon and robbery in the 1993 incident and breaking and entering, sexual assault with a weapon, robbery and threatening death in the 1994 incident.

McGuire appeared in court Sunday and was remanded into custody. His next hearing is scheduled for Jan. 21.

"We want the community to know that we don't give up on cases," Ansari said in a news conference, adding the victims were "relieved" to hear of the arrest. THE CANADIAN PRESS

Police said Steven John McGuire, 43, was arrested last week in Alberta in connection with two sexual assaults dating back 20 years. TPS/THE CANADIAN PRESS

Investigation

Police revealed few details Monday about the investigation, saying they couldn't discuss the nature of the tip they received.

- **Known to police.** Ansari said McGuire has been living outside Ontario since 2005 and is known to police in several jurisdictions, including Toronto.
- **Sketch.** Police have released a composite sketch of McGuire in the hopes of stirring up more information.

Ouster trial. Rob Ford portrayed by lawyer as a 'plain and honest' man

Rob Ford's fate as mayor of Toronto rested in the hands of three judges Monday after a day of largely technical arguments for and against a court ruling that he should be removed from office for conflict-of-interest violations.

The mayor's lawyer told the Divisional Court panel that Ford was an open and honest politician ordered to forfeit his job by a judge who had misinterpreted the law.

Ford's opponents countered that the mayor had deliberately flouted conflict-of-interest rules, and the judge's ruling requires deference as long as it was reasonable.

In calling for Divisional Court to overturn Ford's ouster, lawyer Alan Lenczner said there never was any case against the mayor.

Ford, Lenczner said, gained no financial benefit from fundraising for his private football foundation and was upfront when he spoke during a council vote that he was only trying to help disadvantaged youth.

"He was perfectly plain and honest," Lenczner told a jammed courtroom. "This is the hallmark of an honest man."

In November, Ontario Superior Justice Charles Hackland ordered Ford removed as mayor for taking part in the vote on whether he should repay $3,150 raised for the foundation. The ruling was put on hold pending Ford's appeal.

For his part, Lenczner said the mayor could not have been expected to understand the legal intricacies at play.

"Mr. Ford is a high school graduate," the lawyer told the court. THE CANADIAN PRESS

Toronto Mayor Rob Ford leaves a courtroom on Monday during a break in proceedings as he appeals an earlier decision to remove him from office. CHRIS YOUNG/THE CANADIAN PRESS

Sudden death

Lottery winner may have been poisoned

With no signs of trauma and nothing to raise suspicions, the sudden death of a Chicago man just as he was about to collect nearly $425,000 in lottery winnings was initially ruled a result of natural causes.

Nearly six months later, authorities have a mystery on their hands after medical examiners, responding to a relative's pleas, did an expanded screening and determined that Urooj Khan, 46, died shortly after ingesting a lethal dose of cyanide. The finding has triggered a homicide investigation, the Chicago Police Department said Monday. THE ASSOCIATED PRESS

Death row

Canadian inmate hits roadblock to clemency

A lawyer says Montana's outgoing governor will not be granting clemency to Canadian death row inmate Ronald Smith, a convicted murderer, before he leaves office. The American Civil Liberties Union were informed by Gov. Brian Schweitzer's office. THE CANADIAN PRESS

Wanted: One hotshot new central banker (nerves of steel req'd)

Apply immediately!
If you can shape global economic policy, keep inflation in check and manage the loonie, you too could be the next BoC governor

Bank of Canada governor Mark Carney is leaving in June to lead the Bank of England. Do you have what it takes to replace him? GETTY IMAGES FILE

Psst. Want to be the next governor of the Bank of Canada? An executive search firm has posted an ad for the position on the central bank's website.

The ad doesn't say how much the job pays, but according to the bank's website, the salary for 2012 was between $431,800 to $507,900 plus pension, health and dental benefits.

But the ad does outline an impressive list of criteria.

Quite apart from the daunting task of succeeding the current governor, Mark Carney, who is seen as something of an international financial superstar, the job is not for the faint of heart.

Carney's resumé, for example, includes a doctorate in economics from Oxford University, 13 years with Goldman Sachs, and a stint as a senior official in the federal finance department.

His successor must be capable of running an institution that helps shape global economic policy, keep Canada's inflation rate in check and maintain integrity in the value of the loonie, says the ad posted by Odgers Berndston.

They must also be able to shape the culture and values of a "knowledge intensive" organization, have unquestioned technical competence and be an exceptional communicator — in both official languages.

"Your leadership style is characterized by a personal inclination to lead through persuasion, and you have the courage to take a stand to support principles and policies," the ad also says.

"The credibility of the Governor is key to establishing the confidence of the financial community, the business media and ultimately the general public," the ad concludes.

Interestingly, the ad also says the candidate must be a Canadian citizen. That appears to rule out an international swap for Carney, who is leaving in June to become governor of the Bank of England.

Carney was named to the job in England on Nov. 26, an announcement that shocked and surprised the English.

The final decision who to hire will be made by the independent directors of the central bank, subject to the approval of the minister of finance and the federal cabinet.

TORSTAR NEWS SERVICE

By the numbers

$431,800

The ad doesn't say how much the job pays, but according to the bank's website, the salary for 2012 was between $431,800 and $507,900, plus pension, health and dental benefits.

Ssssweet! This snake can talk to your iPhone

Meet Reptar, a slithering high-tech snake that's one of 17 different robots that can be built with the new Lego Mindstorms EV3 platform, a $350 US kit that was unveiled Monday at the International Consumer Electronics Show in Las Vegas. The robots will have the ability to talk to iPhones, iPads and iPod Touches through Bluetooth wireless connections. LEGO/THE ASSOCIATED PRESS

Air Canada, WestJet post strong 2012 with record load factors for December

Canada's major airlines enjoyed healthy passenger demand heading into 2013 as they reported record load factors for December, carrying substantially more passengers with modest increases to capacity.

WestJet said its load factor for December hit a record 81.9 per cent while Air Canada hit record load factors for the month and the year.

Montreal-based Air Canada said its load factor rose to 82.1 per cent last month while the full-year number was 82.7 per cent, up 1.1 points in each case.

What it means

- Analysts monitor load factor as a measure of how much total fleet capacity is used by an airline to carry passengers.

Air Canada said it had a 3.2 per cent increase in passenger traffic last month over December 2011, with a 6.6 per cent increase to U.S. destinations and a 5.1 per cent increase on transatlantic routes.

That was a strong finish to a generally good year for Canada's largest airline, which saw 2012 passenger traffic rise 2.6 per cent over 2011.

WestJet's passenger traffic in December was up 7.2 per cent from a year earlier, rising to 1.6 billion revenue-passenger miles from 1.5 billion on a six per cent increase in capacity.

THE CANADIAN PRESS

London. Top detective goes on trial over U.K. phone-hacking scandal

A senior British counterterrorism detective committed a "gross breach" of public trust by trying to sell information to Rupert Murdoch's News of the World about the police investigation into the tabloid's illegal phone hacking, a prosecutor told a court on Monday.

Det. Chief Insp. April Casburn is charged with misconduct for allegedly phoning the newspaper and offering to pass on information about whether London's police force would reopen its stalled hacking investigation.

Prosecutor Mark Bryant-Heron told a jury at Southwark Crown Court that Casburn "sought to undermine a highly sensitive and high-profile investigation" when she phoned the tabloid's news desk in September 2010 offering to pass on the information.

"It was a gross breach of the trust that the public places in a police officer not to disclose information on a current investigation in an unauthorized way, or to offer to do so in the future for payment," he said.

Prosecutors said the newspaper did not print a story based on her call and no money changed hands.

The prosecutor said that in a police statement Casburn admitted phoning the newspaper but denied asking for money.

THE ASSOCIATED PRESS

Charges

- Det. Chief Insp. April Casburn, 53, who managed the Metropolitan Police terrorist-financing investigation unit, denies a charge of misconduct in public office.
- She also faces a charge of breaching the Official Secrets Act which will be dealt with separately.

U.S. federal settlement

Banks to pay $8.5B over wrongful foreclosures

Ten major banks agreed Monday to pay $8.5 billion US to settle U.S. federal complaints that they wrongfully foreclosed on homeowners who should have been allowed to stay in their homes. The banks will pay billions to homeowners to end a review process of foreclosure files that was required under a 2011 enforcement action.

THE ASSOCIATED PRESS

Apple

App downloads break 40B mark

Apple Inc. says people have downloaded more than 40 billion apps for the iPhone, iPad and the iPod Touch, nearly half of them in 2012. The company said Monday that December saw record downloads of more than two billion apps.

THE ASSOCIATED PRESS

Safety measures

U.S. agency wants electric, hybrid cars to make noise

The U.S. government wants electric and hybrid vehicles to make noise when travelling under 18 miles per hour (about 29 kilometres per hour) so pedestrians can hear them coming. The National Highway Traffic Safety Administration says the cars don't make enough noise at low speeds to warn walkers, bicyclists and the visually impaired.

THE ASSOCIATED PRESS

Dawg Grog

Beer fan makes brew for dogs

An Oregon man who loves beer and loves his dog has concocted some hooch for the pooch. Daniel Keeton calls his canine creation Dawg Grog, though there's no alcohol in the doggie brew. Ingredients include vegetable broth and spent grain. THE ASSOCIATED PRESS

Private space travel. New Mexico suppliers lobby for protection from possible tourist lawsuits

Spaceport America officials are urging legislators to limit potential lawsuits from wealthy outer-space tourists who take off from New Mexico, saying such a bill is crucial to the future of the project.

Legal experts, however, say there is no way to know whether the so-called informed-consent laws will offer any protection to spacecraft operators and suppliers in the event something goes wrong.

"Since this has never happened yet, we have no precedent," said Joanne Irene Gabrynowicz, director of the space-law program at the University of Mississippi.

Such measures are being pushed by states trying to compete in the fledgling commercial-space-travel arena, and Spaceport America officials say that New Mexico risks losing out on a project that was intended to boost the economy in the mostly rural state.

They say New Mexico needs to pass a bill to retain anchor tenant Virgin Galactic and to recruit new space business to the state.

At issue is liability for passengers who pay to take spaceflights — like those planned by Richard Branson's Virgin Galactic for $200,000 US a head — from the spaceport near the city of Truth or Consequences.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
101.45¢
(+0.14¢)

Natural gas: $3.27 US (-2¢)
Dow Jones: 13,384.29 (-50.92)

TSX
12,499.55 (-41.26)

OIL
$93.19 US (+10¢)

GOLD
$1,646.30 US (-$2.60)

SAY 'I DO' TO THESE UNIQUE WEDDING TRENDS

SHE SAYS...
Jessica Napier
metronews.ca/voices/she-says

The holiday season is over, which means that the wedding-planning season has officially begun. With most couples walking down the aisle during the spring and summer months, many are starting to make plans for their upcoming nuptials.

From the cheesy first dance to the bouquet toss, most weddings tend to feel like the same thing over and over again. "No matter how unique a couple wants to be, there are still certain traditions they'll want to honour," says Four Weddings Canada producer Marnie Sugarman, who has overseen more than 100 weddings while working on the reality show in which brides attend and judge each other's weddings to compete for a dream honeymoon.

So how can couples make their special day stand out among the cookie-cutter ceremonies? Skip the tacky convention-centre bridal shows (where good taste goes to die) and consider these five hot wedding trends for 2013.

Guest ye be judged

Formal "You're Not Invited" announcements are the perfect way to let those pushy friends and relatives know that they didn't make the cut.

Actually getting hitched is only the beginning: Flash mobs, choreographed dances and skits are just some of the creative ways couples are going above and beyond to entertain their wedding guests, says Sugarman. Because nothing says "I'll love you for eternity" like circus animals and a pyrotechnic display.

You are cordially uninvited: Formal "You're Not Invited" announcements are the perfect way to let those pushy friends and relatives know that they didn't make the cut. Yes believe it or not, couples are actually spending hundreds of dollars on stationery and calligraphy fees to reach out to the people they don't like enough to put on the guest list.

Ditch the white dress: Let's face it: Most of us aren't fooling anyone in those virginal white dresses anymore. If you're both in your late 20s or older and have been living together for a few years, it's safe to assume that people know you aren't saving it for marriage. So why stick with the oh-so-chaste plain white dress? Opt for an unconventional shade such as soft pink or yellow, which Sugarman says are becoming increasingly popular.

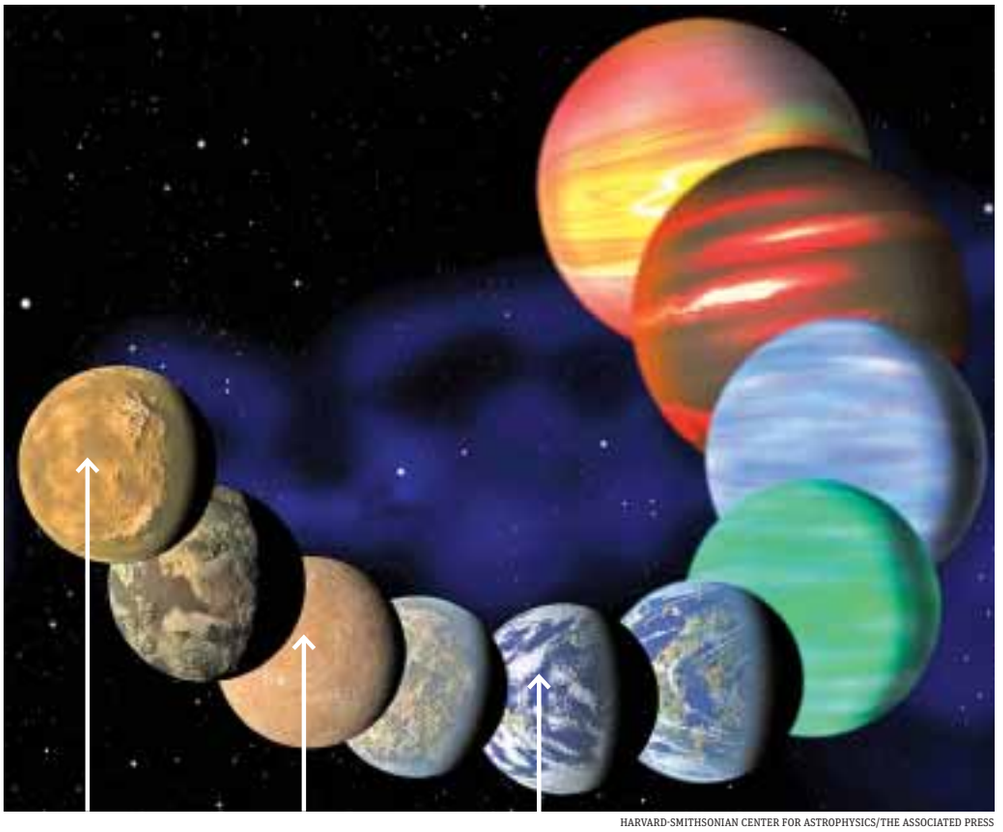
Churches are so over: From art galleries to high-end furniture stores, many couples are seeking out unique venues to exchange their vows. Also, anyone on Pinterest knows that banquet-hall receptions are out and adorably twee barnyard hoedowns are in.

Make your Big Day a small affair: The couples on Four Weddings Canada spent an average of $31,625 on their weddings. With that kind of money you could buy a brand new Mini Cooper convertible, finance two years of university education or put a down payment on a house. So instead of donning a haute couture blush-pink gown and dancing down the aisle in an airplane hangar, you could just pop some champagne while signing the papers at city hall and save yourself a whole lot of money.

Let your gown do the blushing for you.
PASCAL LE SEGRETAIN/ GETTY IMAGES

Follow Jessica Napier on Twitter @MetroSheSays

So many worlds of possibility



HARVARD-SMITHSONIAN CENTER FOR ASTROPHYSICS/THE ASSOCIATED PRESS

Goldilocks mission

Spacecraft spots billions of Earth-sized planets

This artist rendering released Monday by Harvard-Smithsonian Center for Astrophysics shows the different types of planets in our Milky Way galaxy detected by NASA's Kepler spacecraft.
THE ASSOCIATED PRESS

Not too hot, not too cold

17B

A new estimate presented at the American Astronomical Society suggests that the Milky Way galaxy is home to at least 17 billion planets similar in size to Earth.

It doesn't mean all are potentially habitable, but the sheer number is a welcome starting point in the search for worlds like our own.

Scientists have yet to find a twin Earth — one that's not only the right size but also located in a zone that's not too hot and not too cold where water might exist in liquid form.

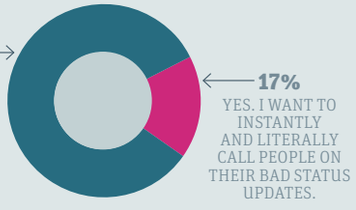
Search for just-right twin

- Two independent groups came up with the new estimate after a fresh analysis of data gathered by NASA's Kepler spacecraft, launched in 2009 to track down other Earths. The craft spots a planet when it passes in front of the planet's star.
- One team led by Francois Fressin of the Harvard-Smithsonian Center for Astrophysics estimated at least one in six stars has an Earth-size planet orbiting it.
- Using a different method, researchers at the University of California, Berkeley and University of Hawaii determined 17 per cent of stars host planets that are one to two times the diameter of Earth.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Canada is the guinea pig for Facebook's new VoIP service. Will you be answering the call?


83%
NO. I ALREADY HAVE SKYPE, FACETIME AND A PHONE PLAN.
17%
YES. I WANT TO INSTANTLY AND LITERALLY CALL PEOPLE ON THEIR BAD STATUS UPDATES.

Twitter

@StefHughes: In Saskatoon, I sometimes squint really hard to make cloud formations at the horizon resemble (blurry) mountains. #missingCalgary

@pclothespress: YouTube suggested she might like Best Phil Collins Ballads. Her fingers hovers over her mouse, her stomach feeling queasy.

@TheotherHilary: Wowie, I am proof-reading my letters post last night and apparently I wrote "the 28th of Wednesday" whatever that is

@SeanShaw: North Perimeter Bridge, yes it makes sense to get unnecessary traffic out of the city. But you can't build the city out of traffic problems

@msanmiquel3: First full week of 2013... Lots of committees & boards start this week, most important #yxecc. Have a good start all! #Saskatoon #yxe

metro
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It may have taken 113 days (and many broken hearts) but the NHL lockout has finally come to an end. While both sides finalize details, fervent fans must impatiently wait for the games to begin. In the meantime, Metro presents five songs to get you back in the mood for hockey:

STEVE GOW
scene@metronews.ca

Time to Go, Dropkick Murphys

No other song so brilliantly highlights the anticipation of the strike's end. Dropkick Murphys, hockey enthusiasts themselves, wrote this tune as a Bruins fight song. But its spirited chant "drop the puck, it's time to go" surely speaks to all fans eager for the return of their favourite sport.

50 Mission Cap, The Tragically Hip

50 Mission Cap may be specifically about hockey hero Bill Barilko and his mysterious disappearance after leading the Maple Leafs to a Stanley Cup, but the Tragically Hip's hockey hit also speaks to a simpler, nostalgic period of the sport's history.

The Hockey Song, Stompin' Tom Connors

Stompin' Tom Connors' 1973 classic has become synonymous with the sport. Not only is it played at every NHL game, but its chorus blurts out "the best game you can name is the good ol' hockey game" and that's gospel for many Canadians.

Big League, Tom Cochrane

A song about a player whose promising hockey greatness was cut short by a car wreck, Tom Cochrane himself admits he's as proud of his 1988 hit "as anything I've ever written." Pure Canadiana, its spirit mirrors the passion of the fans.

Hit Somebody (The Hockey Song), Warren Zevon

Warren Zevon may be best known for Werewolves of London, but this quirky 2002 song about a young, talentless goon passionate to score just one goal instead of fight should be a reminder to NHLers how lucky they are to play.

How Nelly got her groove back

Spirit Indestructible. Singer dug deep into her past to inspire her on her new album — her first English effort in six years

IAN GORMELY
scene@metronews.ca

Nelly Furtado is hitting the road to promote her new album, Spirit Indestructible, released in September. GETTY IMAGES

Nelly Furtado's latest album, Spirit Indestructible, saw release back in September, but the Victoria singer is only now hitting the road to promote the release.

The delayed trip, which includes a string of Canadian dates, is in keeping with the drawn out creative process behind the record, her first English language effort in six years.

"It took two or three years for me to put forth what I really wanted to say on the album," she says.

After releasing a Spanish-language album on her own NelStar label in 2009 and overseeing Toronto singer-songwriter Dylan Murray's debut for the fledgling company, Furtado found it difficult to rediscover the groove that had helped produce massive hits like I'm Like a Bird and Promiscuous.

But Furtado's material soon took on a nostalgic tone as she began digging through her past for inspiration. Rodney "Darkchild" Jerkins, who produced the majority of the album's dozen tracks, worked on many of the late-'90s R&B and hip-hop tracks Furtado grew up on.

The track Big Hoops even name-checks No Diggity, a 1996 hit by Blackstreet, an R&B group founded by Jerkins' mentor Teddy Riley. Yet the singer was oblivious to her producer's past until she found plaques commemorating his work with Aaliyah hanging in the studio hallway.

"I think that was why I was feeling so open and willing to write about stuff from the past in such a celebratory way," says Furtado. "There was a lot of serendipity going on."

Furtado describes the final product as "quite different" from her previous outings, combining the club vibes of 2006's Timbaland-assisted Loose with the folkier leanings of her first two records.

Eclecticism, she says, has always been a big part of what she does. "It's very loud, abrasive, it's raw, and a little irreverent. I've been away for a while," she says.

"If I'm going to put something out I want it to be sonically creative."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Claire Danes. ALL IMAGES GETTY

Stay-at-home parenting not for Homeland actress Claire Danes

Though her first child is not even a month old, Homeland star Claire Danes is already making it clear she doesn't plan to be a stay-at-home mom. "I've always wanted to have kids, but I'm glad I didn't until now. When I was thinking about (working and being a mother) originally, I was really nervous about it," Danes tells Elle magazine. "I think I would make a lousy stay-at-home mom. It just wouldn't suit me. I feel so fortunate in that I've had this arrow-straight focus that I wanted to act." Danes and husband Hugh Dancy welcomed son Cyrus on Dec. 17.

Quoted

"I've always wanted to have kids."

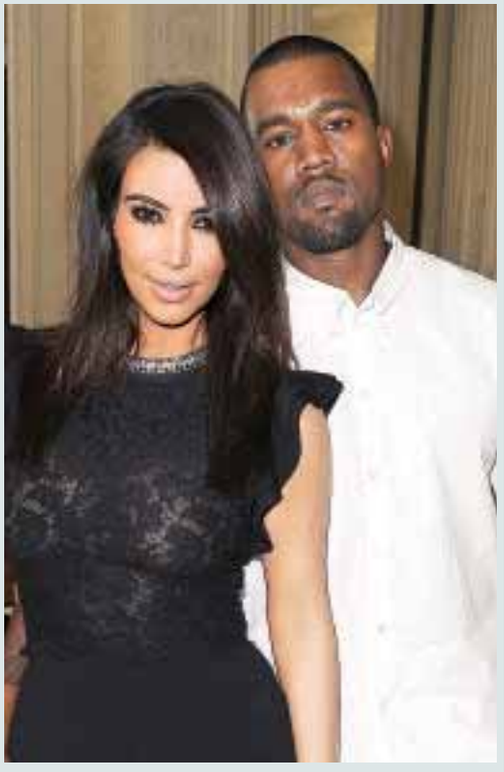
Actress Claire Danes

Ashton Kutcher

Kutcher's relationship with Kunis has been one international adventure

Ashton Kutcher's jet-setting relationship with Mila Kunis continues. After hitting up Kutcher's hometown of Cedar Rapids, Iowa in late December, the pair reportedly spent the first weekend of the new year living it up in Rio de Janeiro, according to E! News. Kutcher and Kunis were spotted at the restaurant Mr. Lam in the company of Brazilian TV host Luciano Huck and other pals. Since the former That 70s Show co-stars started dating last year, they've spent more time on the road than at home in L.A., it appears, with lengthy residences in New York City and Rome.

The Word



Kanye and Kim say no to sale of first baby pics, who said yes?

THE WORD
Dorothy Robinson
scene@metronews.ca

Upon the news that Kim Kardashian and Kanye West have already turned down a $3 million paycheque for the pictures of their unborn child from an overseas tabloid, The Word thought it would be interesting to look at past celebrity baby reveals for ways they can promote Wee Little West.

Selling out (or not) to the highest bidder.

• Brad Pitt and Angelina Jolie are No. 1 in raking in cash from their offspring. In 2006, they got $4.1 million for pictures of their first biological daughter, Shiloh, and a whopping $14 million for their twins, Knox Leon and Vivienne Marcheline, in 2008. However, the couple used the payday for good — they donated the millions to charity.

• J.Lo & Marc Anthony pocketed a reported $6 million from People magazine for the rights to publish pictures of their twins, Emme Maribel Muñiz and Maximilian "Max" David Muñiz, in 2008.

• Christina Aguilera received a reported $1.5 million for her baby photos of son Max from People magazine in 2008.

• Beyoncé and Jay-Z eschewed a big pay day and instead released photos of their daughter Blue Ivy to the public via Tumblr with the statement, "We welcome you to share in our joy. Thank you for respecting our privacy during this beautiful time in our lives. The Carter family."

• And of course, they could always not release photos of their baby and enjoy the time privately (editor's note: hahahahahahahahahaha!). Some big stars who haven't publicized their recent babies are Adele, The Beckhams, Ben Affleck and Jennifer Gardner, Anna Paquin and Stephen Moyer.

Courtney Cox and David Arquette

Arquette still Cox's 'best friend' despite divorce

Courteney Cox and David Arquette definitely win the award for most amicable divorce, as the Cougar Town star insists to Ellen DeGeneres that Arquette is still her best friend. "I appreciate David more now than I ever did," Cox says. "I mean, it's hard. I don't recommend divorce in general, but you know, he is my best friend and we've both grown and changed and I think we both appreciate each other more. I hope he does. I do." The pair separated in 2011 and filed for divorce in June but remain active parts of each other's lives.

Justin Bieber

Bieber dedicates latest inking to his Grampa

Justin Bieber's tattoo obsession continues, with the 18-year-old Canadian pop star debuting yet another patch of ink via his Instagram account earlier this week. The piece, a profile of a Native American chief, is the logo for the Stratford Cullitons junior ice hockey team. "My grandfather always took me to the Stratford Culliton every Friday night," Bieber posted along with the photo. "This is for (you), Grampa." Last week, Bieber also had a session to add embellishments to an existing tattoo of praying hands on his lower leg.

Twitter

@ParisHilton
Spent the entire day going through all my closets again. My entire dining room is full of racks of clothes & boxes of handbags etc to donate

@Sethrogen
Abu Nazir's FaceTime works way better than my FaceTime ever has

@TomArnold
The more screwed up the person the more inspirational their tweets.

@kirstiealley
What would a spider eat if he lives in an empty cabinet under the sink in a guest bath? I'd like to give him a little help..what human food?

Hands up everyone who plans to start the new year with a resolution about weight. Yup, that's a lot of hands. As everyone who has ever tried to lose weight knows it's not easy. With the help of Dr. Yoni Freedhoff, an Ottawa-based weight loss expert, and Dr. Arya Sharma, who holds a chair in obesity research and management at the University of Alberta, we're going to tell you about five ways to cut weight.

THE CANADIAN PRESS

5 ways to cut weight

Watch what you drink

Cut the calories you drink. Yes, drink. People routinely forget about the calories in the fluids they imbibe, be it fruit juices, specialty coffees or alcohol, the doctors say. Unlike solid snacks, liquid calories don't fill you up. They don't trigger the brain's impulse to compensate by eating less later.

Make good decisions

Focus on behaviours, not pounds. Your weight is where it is because of your habits. Maybe you snack in front of the TV at night or you give yourself a free pass when you eat out — and you eat out a lot. Grappling with those habits is what you have to do to make inroads on weight control, Sharma says.

Sleep in, lose weight

Get more sleep. The scientific evidence is piling up that society's sleep deficit is contributing to the obesity epidemic. Study after study shows a link between too little sleep and weight gain. In part it's an issue of opportunity: A sleeping person can't eat. Put another way, the more time you are awake, the more opportunity you have to consume calories.

Don't let it come back

Assess the livability of your approach. Unless you're a lucky person who only needs to shed a couple of pounds gained on a cruise or over Christmas, if you want to lose weight chances are weight control is going to be an ongoing part of your life. So going on a drastic diet may shed the excess weight. But if you ease up, it's going to come back. "The idea that 'I'm just going to do something for a couple of weeks and lose weight'— you're just setting yourself up for failure. That weight is going to come back," Sharma says.

Take the pledge

Set realistic goals. You're not a runner but you decide your path to your ideal weight is by becoming a marathoner. Or you pledge to spend 90 minutes at the gym every day when you currently get there three or four times a month. "I think people should take small steps that are sustainable," Freedhoff says.

Forget eating small portions, stick to a schedule

New study. B.C. scientist finds that insulin levels tied to eating regularly, destroys conventional wisdom on food

CELIA MILNE
wellness@metronews.ca

Ignore hunger and eat at scheduled times.

That's the advice of a B.C. scientist who unexpectedly discovered that having low insulin levels prevents weight gain.

His research topples advice to eat small amounts regularly throughout the day.

"I think it's important to eat at defined meal times, which means sometimes waiting that last hour for dinner with a bit of hunger, rather than having an unhealthy snack," says Dr. James Johnson, an associate professor of cellular and physiological sciences at the University of British Columbia.

In an experiment, Johnson and colleagues fed a high-fat diet to two groups of mice. One group of mice had a normal amount of insulin and the other was bred to have half that amount.

The normal mice became fat.

The low-insulin mice were protected from weight gain because their fat cells burned more energy.

The study was published in Cell Metabolism.

"We concluded that high levels of circulating insulin are required for weight gain in mammals," Johnson told Metro.

"Previously, this had not been shown directly, although multiple lines of circumstantial evidence had supported the idea."

Too little insulin can trigger diabetes, so there has to be a happy medium, he adds.

Even if you're hungry, it's not necessarily food o'clock. ISTOCK PHOTOS

Sandwich so good it might make you rethink meat

ROSE REISMAN
for more, visit
rosereisman.com

After tasting this sandwich you might decide to go vegetarian! The grilled vegetables, pesto, and brie are a sensational combination. And, yes, you can enjoy brie when you're eating light — just watch the amounts.

For the rolls, I like to use either focaccia or sourdough rolls. If using store-bought pesto, remember it is higher in fat and calories than my homemade version; use a smaller amount or thin it out with a bit of water.

This recipe serves eight. PER KRISTIANSEN, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

1. Preheat oven to 425 F. Line a rimmed baking sheet with foil.

2. Place onion, red pepper, mushroom and zucchini on the prepared baking sheet. Spray lightly with cooking oil. Roast vegetables, turning once, for 25 to 30 minutes or until tender. Remove and allow to cool.

3. For the pesto, place all basil leaves, Parmesan, pine nuts, cream cheese, garlic, stock, and olive oil in the bowl of a small food processor and purée until smooth.

4. Combine 2 tbsp pesto and sour cream in a small bowl.

5. Cut roasted vegetables into pieces that fit the shape of the bread. Place in a bowl and toss with the oil, vinegar and garlic.

6. Spread the pesto mixture over the bottom half of each roll. Top with the vegetable mixture and brie. Replace the top half of the roll and cut in half to serve. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

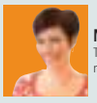
- 1/2 large red onion, sliced
- 1 red bell pepper, cut in 8 wedges
- 1 large portobello mushroom, thickly sliced
- 1 zucchini, cut in 3 slices lengthwise
- 2 tbsp basil pesto sauce
- 2 tbsp low-fat sour cream
- 1 tbsp olive oil
- 2 tsp balsamic vinegar
- 1/2 tsp minced fresh garlic
- 4 large rolls (each 3 1/2 oz), split
- 2 oz brie cheese, thinly sliced

Basil Pesto Sauce (Makes 3/4 cup)

- 1 cup fresh basil leaves
- 2 tbsp grated Parmesan cheese
- 1 tbsp toasted pine nuts
- 2 tbsp light cream cheese
- 1 tsp minced fresh garlic
- 3 tbsp chicken stock or water
- 2 tbsp olive oil

Health Solutions

High water content



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Canadian winters are parching because the heated indoor air is as dry as the desert. The double downside is that when you catch a bug, your need for liquids goes even higher.

Your hair, skin and lips show it on the outside, but the inside is crawling toward the oasis too.

Drinking your eight glasses a day is a bit of a myth, given that the foods you eat provide lots of water as well.

Increasing the high water choices helps beat dehydration with the added bonus of filling you up and preventing hunger. Choose wisely from this list of low cal/high water foods.

- **Watermelon**
- **Oranges/lemons**
- **Kiwi**
- **Berries**
- **Apples/pears**
- **Yogurt**
- **Leafy Greens: iceberg, romaine, kale, spinach, collards**
- **Tomatoes**
- **Cucumbers**
- **Celery**
- **Cabbage**
- **Broccoli**
- **Low sodium broth soups**

Of course, there is always a nice big bottle of sparkling water on your desk in the a.m. that must be finished by the end of the day.

That's the best cue to making sure you are getting enough. You will know by the colour of your urine, the lighter and clearer the better. **THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

Cumin-Dandelion Green Cornbread. Go green

1. Heat the oven to 375 F. Place a 9-by-9-inch metal baking pan or 9-inch cast-iron skillet in the oven to heat.

2. In another skillet over medium-high, heat the oil. Add dandelion greens, cumin and red pepper flakes. Sauté until the stalks are tender and any extra liquid has evaporated, 10 minutes. Drizzle the greens with the lemon juice, toss well, then set aside.

3. In a large bowl, whisk together the flour, cornmeal, baking powder, baking soda, sugar and salt.

4. In another bowl, whisk together the milk, butter and eggs. Mix the wet ingredients into the dry, stirring only enough to moisten the dry ingredients.

5. Gently stir the dandelion greens and corn into the batter. Remove the heated pan from the oven and coat with cooking spray. Spoon the batter into the pan and bake for 30 to 35 minutes, or until golden. Cool in the pan.

THE ASSOCIATED PRESS

Ingredients

- 1 tbsp olive oil
- 4 cups chopped fresh dandelion greens (about 1/2 bunch)
- 1 tsp whole cumin seeds
- 1/2 tsp red pepper flakes
- Juice of 1 lemon
- 1 cup all-purpose flour
- 1 cup cornmeal
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 cup sugar
- 1 tsp salt
- 1 1/3 cups milk
- 4 tbsp (1/2 stick) butter, melted
- 2 large eggs
- 1 cup frozen or canned corn kernels

Falafel gets black-eyed pea twist

This recipe is a mash-up not only of a traditional favourite from the American South, but also of one from the Middle East: falafel. But this version isn't deep-fried. You create the crust by coating the falafel with panko breadcrumbs, then sautéing them.

1. In a medium skillet over medium, heat 1 tablespoon of the oil. Add the onion, reduce the heat to moderately low, and cook for 5 minutes, stirring occasionally, or until it has softened. Add 1 teaspoon of the garlic, the cumin, coriander and the cayenne. Cook for 1 minute, then transfer to a medium bowl.

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

2. Drain and rinse the black eyed peas. Pulse them in the food processor fitted with the chopping blade just until they are coarsely chopped. Remove 1/2 cup of the chopped black-eyed peas and to the onion mixture. To the remaining black-eyed peas in the processor, add the egg, tahini and salt. Process until very finely ground, then stir them into the onion mixture. Cover and chill for 30 minutes.

3. Meanwhile, prepare the spicy aioli. In a small bowl stir together the mayonnaise, remaining 1/2 teaspoon of garlic and the hot sauce.

4. Once the black-eyed pea mixture has chilled, shape it into 18 patties (the mixture will be loose). Spread out the panko in a pie plate lined with waxed paper or parchment paper, then one at a time dip the patties into it to coat on all sides, lifting the paper on both sides to move them around. Shake off any excess.

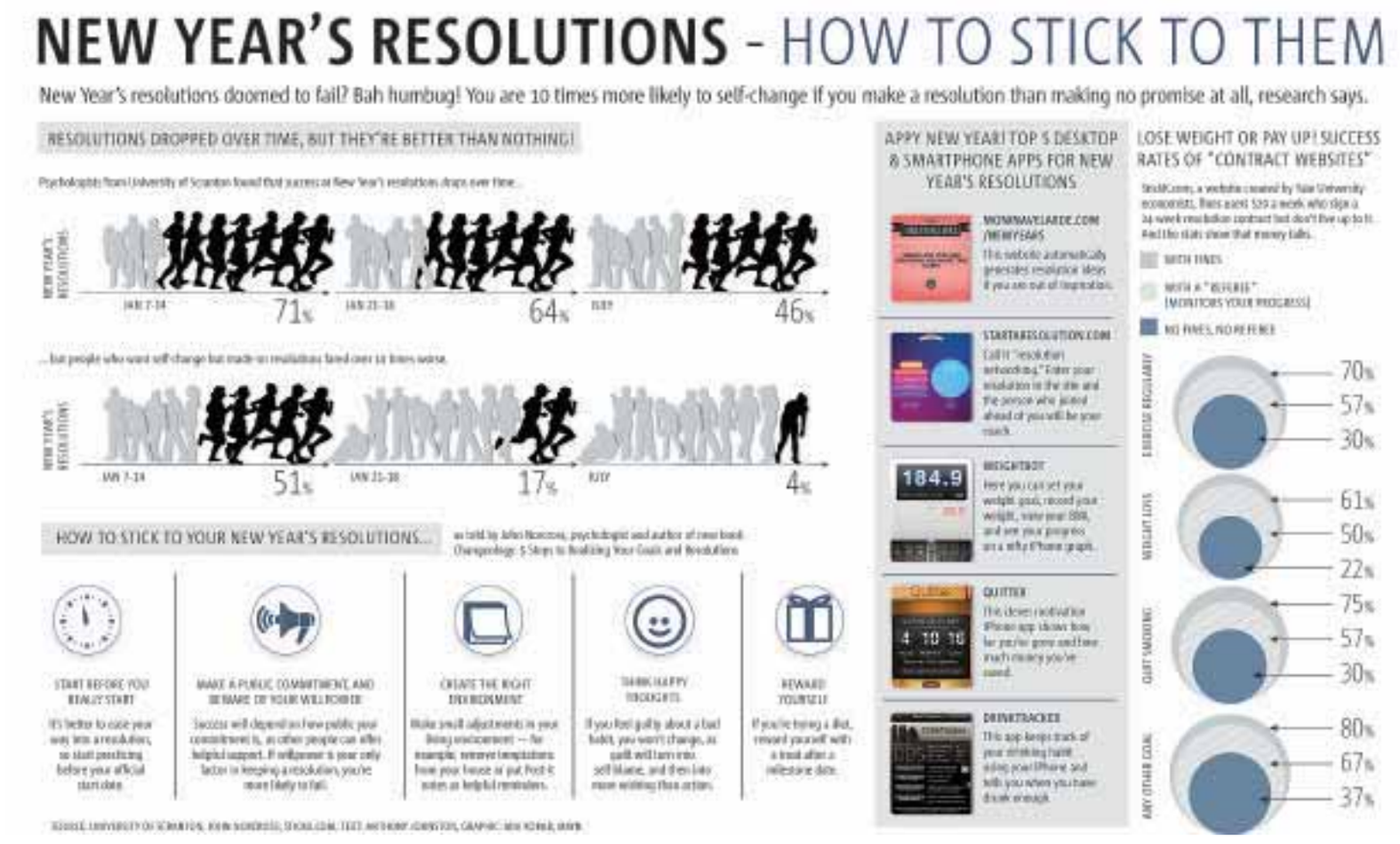
5. In a large non-resistant skillet over medium, heat 2 tablespoons of the remaining oil until hot. Working in batches, add the falafel patties and cook until crisp and golden on one side. Add the remaining 1 tablespoon oil and turn the patties; cook for 3 minutes, or until crisp and golden.

6. To serve, arrange the falafel patties on a platter and top each with aioli and a sprinkle of scallion.

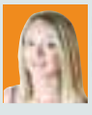
THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Ingredients

- 4 tbsp extra-virgin olive oil, divided
- 1/2 cup finely chopped yellow onion (1 small onion)
- 1 1/2 tsp minced garlic, divided
- 3/4 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 tsp cayenne pepper
- 15 1/2-oz can black-eyed peas
- 1 large egg
- 2 tbsp well-stirred tahini
- 1/4 tsp kosher salt
- 1/2 cup low-fat mayonnaise
- 1/4 to 1/2 tsp hot sauce, or to taste
- 3/4 cup panko breadcrumbs
- Chopped scallions, to garnish


NEW YEAR'S RESOLUTIONS - HOW TO STICK TO THEM
New Year's resolutions doomed to fail? Bah humbug! You are 10 times more likely to self-change if you make a resolution than making no promise at all, research says.
RESOLUTIONS DROPPED OVER TIME, BUT THEY'RE BETTER THAN NOTHING!
Psychologists from University of Scranton found that success at New Year's resolutions drops over time...
JAN 7-14
71%
JAN 21-28
64%
JULY
46%
...but people who want self-change but made no resolutions fared over 10 times worse.
JAN 7-14
51%
JAN 21-28
17%
JULY
4%
HOW TO STICK TO YOUR NEW YEAR'S RESOLUTIONS...
as told by John Norcross, psychologist and author of new book Changeology: 5 Steps to Realizing Your Goals and Resolutions
START BEFORE YOU REALLY START
It's better to ease your way into a resolution, so start practicing before your official start date.
MAKE A PUBLIC COMMITMENT, AND REWARD OR PUNISH YOURSELF!
Success will depend on how public your commitment is, as other people can offer helpful support. If willpower is your only factor in keeping a resolution, you're more likely to fail.
CREATE THE RIGHT ENVIRONMENT
Make small adjustments in your living environment — for example, remove temptations from your house or put Post-it notes as helpful reminders.
THINK HAPPY THOUGHTS
If you feel guilty about a bad habit, you won't change, as guilt will turn into self-blame, and then into more wishing than action.
REWARD YOURSELF
If you're trying a diet, reward yourself with a treat after a milestone date.
APPY NEW YEAR! TOP 5 DESKTOP & SMARTPHONE APPS FOR NEW YEAR'S RESOLUTIONS
MONMAVELARDE.COM/NEWYEARS
This website automatically generates resolution ideas if you are out of inspiration.
STARTMYRESOLUTION.COM
Call it "resolution networking." Enter your resolution in the site and the person who joined ahead of you will be your coach.
184.9
WEIGHTBOT
Here you can set your weight goal, record your weight, view your BMI, and see your progress on a nifty iPhone graph.
QUITTER
This clever motivation iPhone app shows how far you've gone and how much money you've saved.
4 10 38
DRINKTRACKER
This app keeps track of your drinking habit, syncs your iPhone and tells you when you have drunk enough.
LOSE WEIGHT OR PAY UP! SUCCESS RATES OF "CONTRACT WEBSITES"
StickK.com, a website created by Yale University economists, fines users $20 a week who sign a 24-week resolution contract but don't live up to it. And the stats show that money talks.
WITH FINES
WITH A "REFEREE" (MONITORS YOUR PROGRESS)
NO FINES, NO REFEREE
EXERCISE REGULARLY
70%
57%
30%
WEIGHT LOSS
61%
50%
22%
QUIT SMOKING
75%
57%
30%
ANY OTHER GOAL
80%
67%
37%

New year's resolutions worth thousands



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Exhale a sigh of temporary fiscal relief — the holidays are finally over! Now it's time to deal with the financial aftermath of such a joyous, fun-filled and financially catastrophic holiday season.

If you're feeling maxed out and are dreading the delivery of your January credit card and bank account statements, you'll benefit from a New Year's Resolution which will save you thousands: a 2013 frugality diet.

Before you sell your worldly possessions to pay off your Best Buy loan, go Zen for just a moment. Take 10 deep breaths and know that you have the ability to reduce your monetary stress and grow your financial security. Join the ranks of thousands of North Americans that report feeling financially optimistic about 2013.

Start by determining your bottom line. Once you know where you stand, you can create a plan to grow your net worth. Download your favourite net worth tracking tool to determine what you own and owe. ALL major banks have free online calculators, but if you want to build your own, simply total up your assets (own) and subtract your liabilities (owe).

Focus on the highest impact savings opportunities. If you've got two cars and could get by with one, sell the other. Rent out unoccupied space in your house. Start eating at home rather than buying food from restaurants. Become a smarter shopper using coupons, cutting back and buying items on sale. Sell household or personal items you could live without, like an extra television.

Face your debts head-on. On a spreadsheet, list who you owe money to, the interest rate and balance. Each month, pay a little extra on the highest interest debt until it's paid off. Then pay extra on the next highest interest debt. Remember, you'll have extra money from your previous debt's regular payment. DO NOT rack up additional debt while paying off the existing.

Retirement approaches fast and growing funds for the future is critical. Take advantage of employer sponsored retirement savings programs like pensions and RRSPs.

Live lean in 2013.

Will debt settlement companies really solve your financial woes?

Money. Ontario joins other provinces aiming to regulate the operations of these companies

YOUR MONEY
Alison Griffiths
money@metronews.ca

Any request for money up front is a red flag when looking for a debt settlement organization. ISTOCK IMAGES

An Ottawa debt settlement company promised Holly Wang complete debt relief. The reality didn't live up to her expectations. The Kingston, Ont., nurse began the spiral into debt 15 years ago when she and her husband bought their first house. Twins and a divorce soon followed and her deadbeat husband made only sporadic child support payments.

"I was pretty depressed about it and got into gambling ,which was the worst thing but at the time it seemed like a way out. I also bought lottery tickets almost every day."

As her debt situation worsened the stress made Wang sick and she was increasingly absent from her job as a nursing home supervisor. Her employer finally ran out of patience and let her go.

In desperation, Wang turned to a debt settlement company. She paid $500 in up front fees then $300 monthly into an account with the company. She was told to ignore her creditors until she had built up sufficient funds to make a deal with them. In the end, only two of her seven creditors were willing to settle. She paid her money for nothing.

Wang's experience is all too common. "Essentially, debt settlement companies have charged huge fees, sometimes in the thousands, made broken promises to settle debts for consumers and not followed through on their claims to be able to work with creditors," wrote Laurie Campbell, CEO of the not-for-profit charity, Credit Canada Debt Solutions (CCDS) in a recent blog.

On Friday, the Ontario government joined Alberta, Manitoba and Nova Scotia by introducing regulations to curb these companies, more than 20 of which operate in the province. Still at the proposal stage, the Ontario government is aiming to ban up-front fees, limit total fees collected, improve the transparency of contracts and allow a 10-day cooling off period.

Canadians in any province needing help with their debts should ensure the organization is a not-for-profit charity. Any request for money up front is a red flag, as are excessive promises to eliminate debt or settle with creditors for pennies on the dollar. Also, don't believe assurances that your credit score won't be affected.

If in doubt, contact CCDS (www.creditcanada.com), or other member agencies of the Canadian Association of Credit Counselling Services (caccs.ca).

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Sidney Crosby skates with his Penguins teammates on Monday in Pittsburgh. GENE PUSKAR/THE ASSOCIATED PRESS

Lockout needlessly drawn out, Sid says

NHL. Penguins star says breakdown of talks a month ago was a low point in career

Sidney Crosby says the prolonged NHL labour negotiations could have ended a month ago with what essentially was the same agreement that was reached over the weekend.

Crosby, long considered the face of the NHL, became the most visible face for the players during an early December negotiating session in New York in which some of the league's moderate owners, including the Penguins' Mario Lemieux and Ron Burkle, tried to break an impasse and reach a deal.

Quoted

"I know we've all missed that competition and we've all kind of craved that. We're going to get a good dose of that early on."

Sidney Crosby

But just when it appeared significant progress had been made and an agreement might be imminent, negotiations were halted. That impasse disheartened the Penguins' star, who was eager to play again after missing much of the previous two seasons dealing with multiple concussion layoffs.

Now that a deal is finally done, Crosby wonders why the extra month was needed.

"It's pretty close to what was there in New York," Crosby said Monday after about a dozen Penguins practised on their own. "There's no great explanation for it. It's negotiations and, unfortunately, that's the way it goes. It's just an ugly thing to go through and I wouldn't recommend having to go through that again. It's difficult."

Penguins forward Craig Adams, extensively involved in the talks, backed Crosby's contention that the agreement took far longer to be completed than was necessary.

"Even though that week in New York ended badly, we still made a lot of progress, so I agree with Sid," Adams said. "That probably ended up laying the groundwork for what was the deal. And, yeah, it's frustrating we didn't get it done then and we could have taken four to five weeks off this lockout. But for whatever reason it didn't happen then, and here we are now."

Crosby said that breakdown was one of the low points of a career he is understandably impatient to resume. Because of concussion issues, he missed the entire second half of the 2010-11 season and another 60 games last season. In both seasons, the Penguins were ousted in the first round of the playoffs. THE CANADIAN PRESS

Space station

Astronaut's tweet angers fans outside Leafs nation

Orbiting Canadian astronaut Chris Hadfield may have lost a few fans after tweeting a picture of himself holding a Toronto Maple Leafs plaque.

Commenting on the end of the NHL lockout, Hadfield tweeted from the International Space Station on Sunday he was ready to cheer for the Leafs.

Professing his support for Toronto did not sit well with a number of hockey fans.

Former Montreal La Presse sports reporter Jean-Francois Begin jokingly warned Hadfield to be careful next time he flies over Montreal.

Hadfield is on a five-month visit to the space station and will become the first Canadian to take command of the giant orbiting laboratory in March.

Former Canadian astronaut Marc Garneau also got into the act. The Liberal MP tweeted Hadfield, declaring: "Go Habs Go!"

Mike Lake, an Alberta Tory MP and Edmonton Oilers fan, reminded the 53-year-old astronaut that man reaching the moon (1969) is more recent than the last time the Leafs last won the Stanley Cup (1967). THE CANADIAN PRESS

Astronaut Chris Hadfield in Kazakhstan in December. THE CANADIAN PRESS

NHL season likely to be 48 games

Senators Chris Phillips, left, and Daniel Alfredsson practice on Monday in Ottawa. Deputy commissioner Bill Daly says a 48-game season is most likely after the NHL ended its 113-day lockout early Sunday morning. SEAN KILPATRICK/THE CANADIAN PRESS

The timeline for the start of a shortened NHL season remained up in the air one day after the league and NHL Players' Association shook hands on a tentative deal to end the lockout. Deputy commissioner Bill Daly told The Canadian Press on Monday morning that hope for a 50-game schedule had already faded as the sides continued to finalize the memorandum of understanding their constituents will each vote on later in the week.

As a result, the league is likely to return with a 48-game season starting Jan. 19, assuming there are no major hiccups before then.

"It depends on ratification timeline for PA, but it's looking more and more like 48 games is going to be the only option," Daly said in an email.

While there was no sense the deal was in peril, it was clearly taking the parties time to get everything down in writing. That will have to happen before the league's Board of Governors convene on Wednesday afternoon to hold a ratification vote.

Both sides need to get majority support to adopt the tentative deal they reached early Sunday morning. THE CANADIAN PRESS

Balancing act

The NHL played 48 games following the 1994-95 lockout with a balanced intra-conference schedule for what was then a 26-team league.

- It's going to be a little more complicated this time. The NHL plans to have teams play three games against the 10 opponents within the same conference but outside their division. They will then have an unbalanced schedule against division rivals, with five games against two teams and four against the two others, according to a source.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
You could easily get the wrong end of the stick today and say or do something you regret. If you do make a mistake, don't make it worse by refusing to admit it. An apology now will save a lot of grief later.

♉ Taurus
April 21 - May 21
According to the planets, someone will try to mislead you today. No matter how reliable you think your sources may be, make sure they know what they are talking about. Get a second opinion if necessary.

♊ Gemini
May 22 - June 21
Don't change your plans just because you are having second thoughts about a joint enterprise of some kind. Everyone has doubts occasionally — yes, even a Gemini — so sleep on it before making a final decision.

♋ Cancer
June 22 - July 23
You may feel tied down by obligations but there is not much you can do about it, so be patient. If you give others the impression you would rather be somewhere else, they may pile more work on you.

♌ Leo
July 24 - Aug. 23
If you are not too careful, today's cosmic influences could loosen your tongue and encourage you to say things that should be kept under wraps. Remember, knowledge is power, and the less others know about you the better.

♍ Virgo
Aug. 24 - Sept. 23
You may do something silly over the next 24 hours but nothing bad will come of it. The best way to deal with embarrassing situations is to laugh at them. They're simply not worth losing sleep or friends over.

♎ Libra
Sept. 24 - Oct. 23
You may be tempted to rush things today, to get through your tasks in double quick time, but that would be a mistake. Take your time and make sure you do everything to your full ability. Expect the best of yourself.

♏ Scorpio
Oct. 24 - Nov. 22
You could be rather touchy today, and for no good reason, but that's OK. Everyone who knows you realizes that once in a while you slip into a bit of a funk. And those who don't know you will soon learn.

♐ Sagittarius
Nov. 23 - Dec. 21
Things are going well for you now but there is a danger you could be lulled into a false sense of security. On the money front, especially, you are advised to take nothing for granted. Don't give away anything for free.

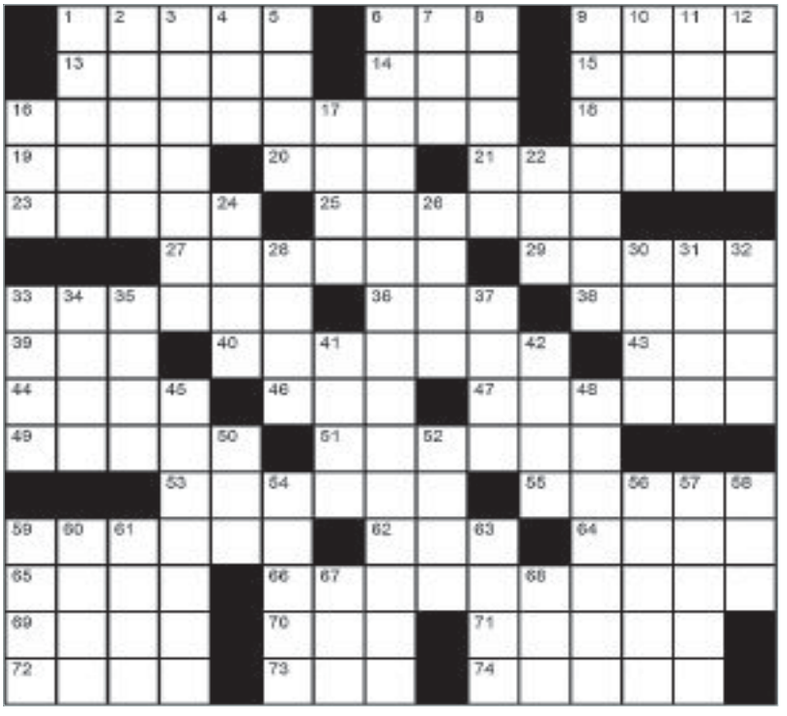
♑ Capricorn
Dec. 22 - Jan. 20
Why are you so worried? What can possibly go wrong? The Sun in your sign indicates that no matter what you do today it will work out for the best, so get on with it and wipe that frown from your face.

♒ Aquarius
Jan. 21 - Feb. 19
When the Sun moves into your birth sign at the end of next week, your energy will return. But between now and then you are advised to take things easy, mentally and emotionally as well as physically. Pace yourself.

♓ Pisces
Feb. 20 - March 20
You are in one of your daydreamy moods at the moment and there is nothing wrong with that, but watch out you don't lose touch with reality completely. There are people out there who will take advantage. SALLY BROMPTON

Crossword: Canada Across & Down

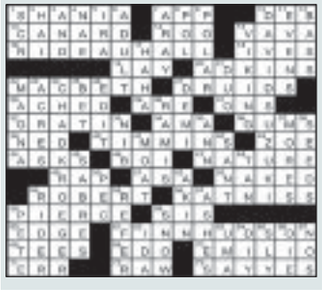
BY KELLY ANN BUCHANAN



Across
1. Rocker born Jan. 8th, 1935
6. "Brother Down" singer Mr. Roberts
9. Recipe meas.
13. Singer Bonnie
14. Pussycat Dolls hit: "Don't __"
15. __ National Park, BC
16. Current exhibit at #9-Down, Terrestrial __
18. A&W __ Beer
19. "...take _ __ song and make it better."
20. For each
21. "Wild __" by Gino Vannelli
23. Litigate again
25. Go "Achoo!"
27. Volcano opening
29. "I'm a __ 4 U" by Britney Spears
33. Soup tidbit
36. Performed
38. Sci-Fi princess
39. Dublin, __.
40. Dressed like Dracula
43. CV
44. Actor Mr. Schreiber
46. Mr. Pacino's
47. Snappy reply
49. 'Sexiest Man Alive', Channing __
51. Penitent person
53. Northwest Territories town
55. Some large cats
59. Canadian actor Mr. Garber of NBC's new drama "Deception"
62. Avril's follower
64. Bananas brand
65. Much: 2 wds.
66. Football-shaped "Family Guy" character: 2 wds.
69. Garage band's CD
70. Banqueted
71. Sir Newton
72. Paradise
73. __'easter
74. Lightly fry

Down
1. Clear
2. Sing-song sounds
3. Bridge with arches
4. 'Social' suffix
5. Supremes song starter!
6. __, Beloved of the Sky (Emily Carr, oil on canvas, 1935): 3 wds.
7. Sushi tuna
8. Papier-__
9. Royal __ Museum (Fossils-viewing spot in Alberta's badlands)
10. Ghost cries
11. Pump or loafer
12. Cultivating containers
16. Golf standard
17. Soap brand
22. Li'l weight units
24. Toronto-born actor Mr. McCormack
26. Mr. Estrada
28. Teatro __ Scala; aka La Scala (Milan opera house)
30. Bubbly bar
31. Challenger
32. The __ Coast
33. Lively tune
34. 'Crit' completer
35. Nair competitor
37. Actress Laura
41. Norwegian king, variantly
42. Meaningful
45. Louis __ handbags
48. Past (and possibly future?) Prime Minister
50. Alphabetic trio
52. "No problem."
54. Country star Keith
56. Never Cry Wolf author Farley
57. Lewis Carroll character
58. Look
59. __ mecum (Handbook)
60. __ _'Orleans, QC
61. Order to Fido
63. Egyptian goddess
67. _ __ Z
68. US airport screening org.

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

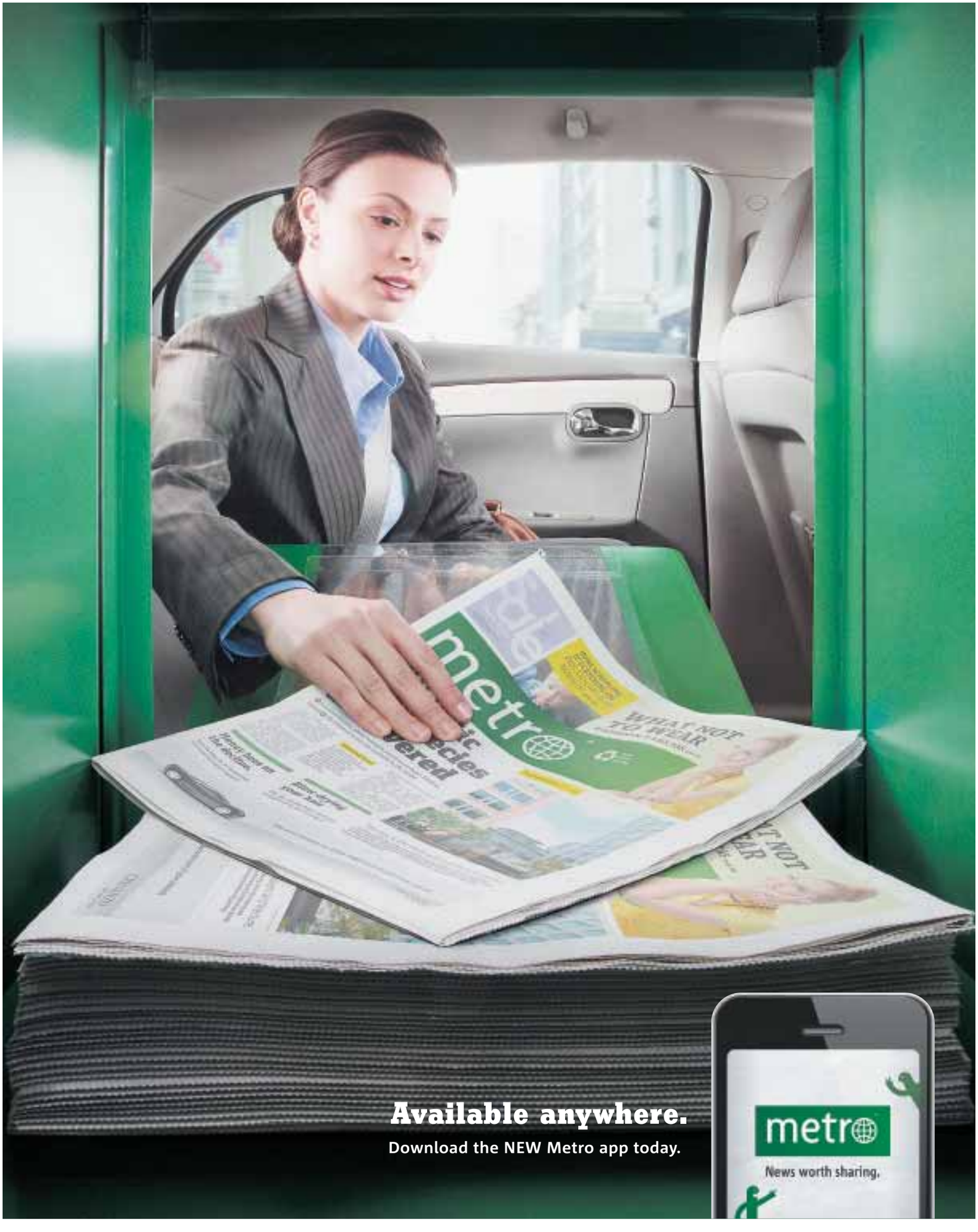
					4			
	4			8				
				7	2	3	4	9
	6	5		3			8	2
		4	8		1	5		
3	8			6		7	9	
2	7	1	6	9				
				4			6	
			1					

Yesterday's Sudoku

7	4	9	5	2	1	6	8	3
6	2	1	7	8	3	9	5	4
3	8	5	6	4	9	1	7	2
5	9	2	4	1	6	7	3	8
1	3	8	2	5	7	4	9	6
4	6	7	3	9	8	2	1	5
8	7	3	1	6	4	5	2	9
2	1	4	9	3	5	8	6	7
9	5	6	8	7	2	3	4	1

Sharability

easy — hard



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